

Remote Soldier Pregnancy/ Postpartum Physical Training Program Orientation



Pregnancy



Exercise

**Giving birth is
physically
demanding!**



Why should I exercise?

- **Reduces discomfort associated with physical changes**
- **Improves readiness for labor and delivery**
- **Enhances baby's health**

Why should I exercise?

- **Helps prevent excess weight and body fat gain**
- **Promotes faster return to physical fitness levels after birth**
- **Improves mental and emotional health, reduces stress and improves concentration**

Exercise Guidelines

- **Mild to moderate exercise, most days of the week**
- **Avoid exercising on your back after 1st trimester**
- **Stop when fatigued**
- **Don't become out of breath**
- **Avoid exercise that requires careful balance**
- **Avoid extreme movements**
- **Adapt your diet**
- **Stay cool and hydrated**
- **Heart rate monitoring**
- **Perceived Exertion Scale**

Rate of Perceived Exertion (RPE)

Moderate
intensity
Vigorous
intensity

6	doing nothing
7	very, very light
8	
9	very light
10	
11	fairly light
12	
13	somewhat hard
14	
15	hard
16	
17	very hard
18	
19	very, very hard
20	maximal effort



Exercise Type:

depends on your fitness level

- **DO:**

- Low impact aerobics
- Stationary biking
- Stairmaster
- Swimming
- Walking
- Water aerobics
- Running
- Light lifting
- Stretches
- Pelvic floor exercises

- **DON'T:**

- Competitive sports
- Contact sports
- Heavy lifting/valsalva maneuver
- Skiing
- Diving, falling, jumping sports
- Horseback riding
- Step/high impact aerobics

Stop exercising if...

- **Pain**
- **Bleeding**
- **Cramping**
- **Faintness**
- **Elevated blood pressure**
- **Dizziness**
- **Out of breath**

DO NOT START exercising if...

- **Your doctor says not to**
- **Unusual bleeding**
- **High blood pressure**

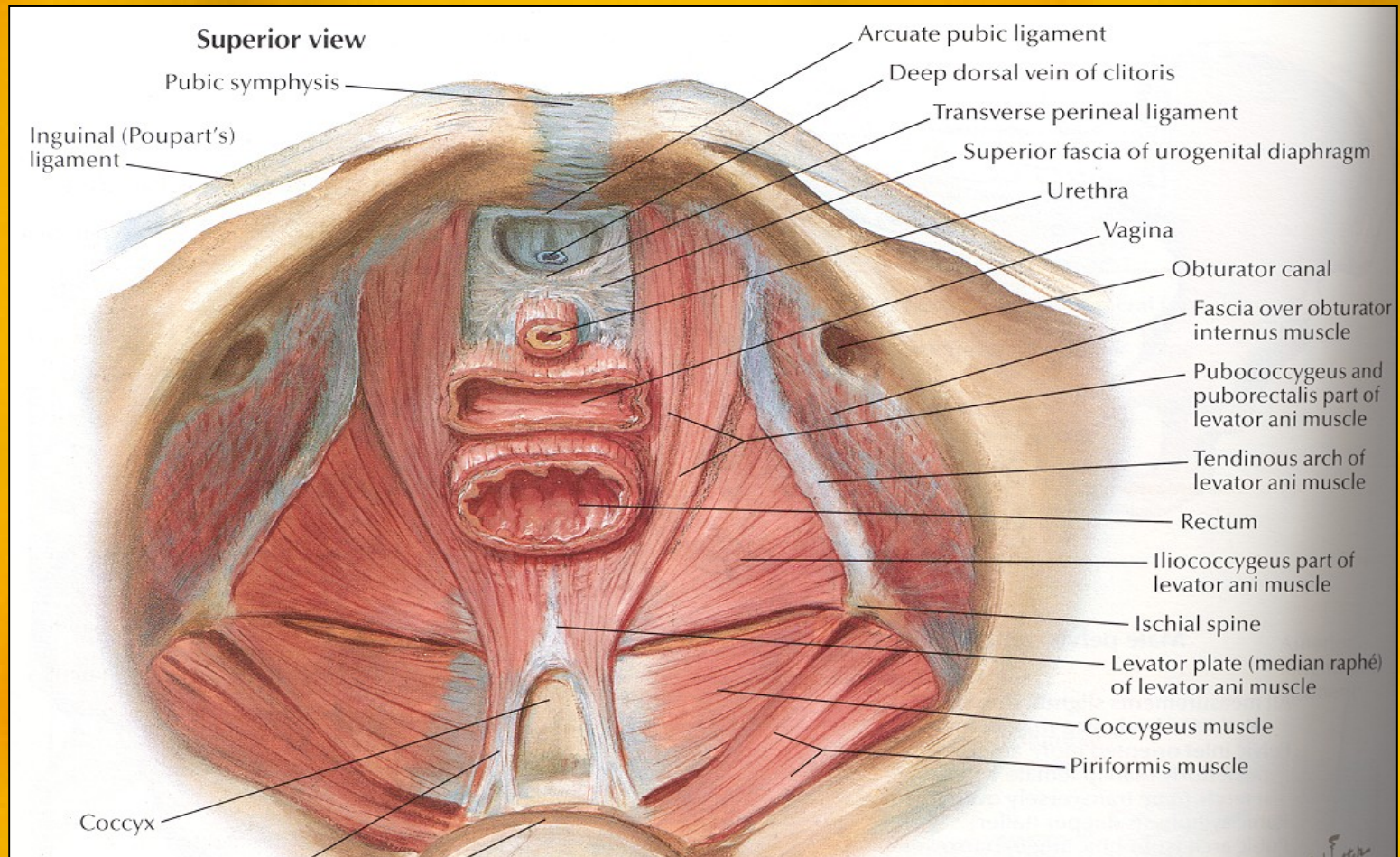
Contact your doctor if...

- **Swelling of face and hands**
- **Severe headaches**
- **Persistent dizziness**
- **Chest pain or palpitations**
- **Difficulty walking because of pain**
- **Vaginal bleeding**
- **Excessive discharge**
- **Fever**

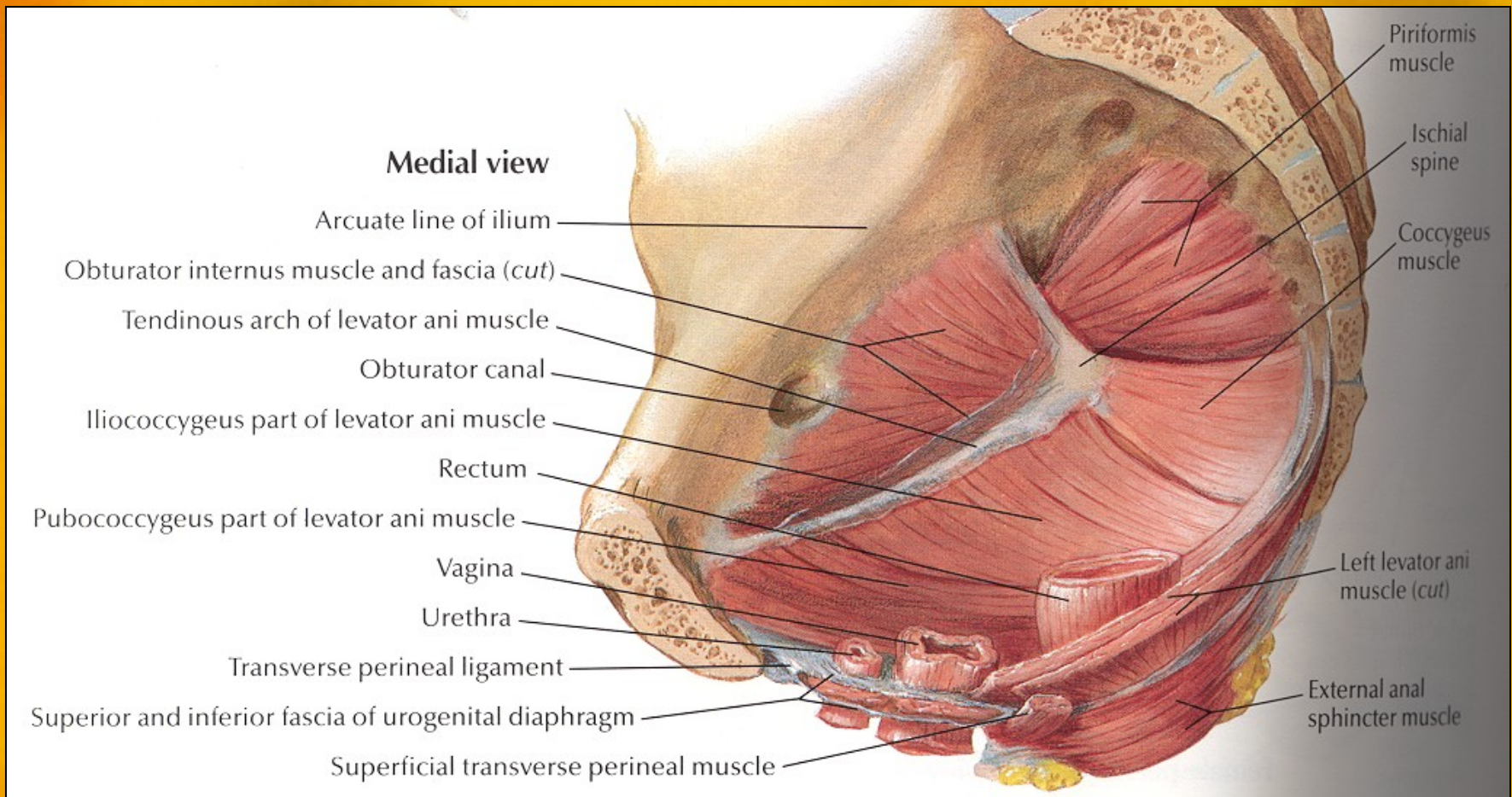
Essential Pelvic Floor Exercises

Perform Daily

Pelvic Floor Muscles

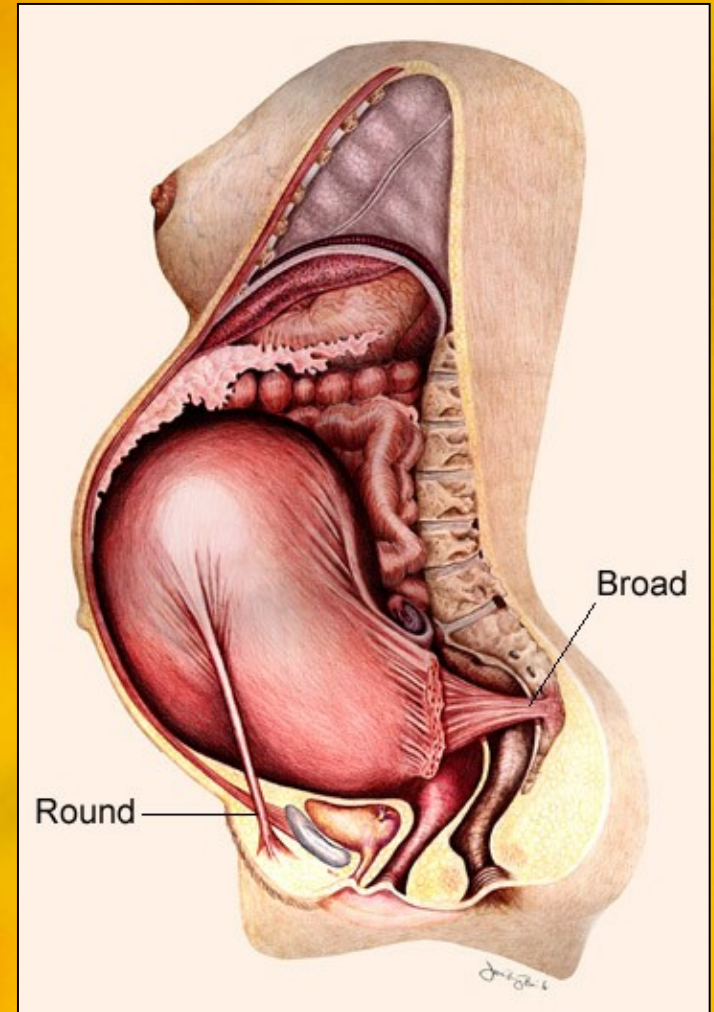


Pelvic Floor Muscles



Muscle Working: a.k.a. Contractions

- **Uterus is a big bag of muscles**
- **Three muscle layers**
- **Flexes and contracts for up to 90 seconds**
- **Relax for several minutes**
- **Gradually opening the cervix**



Centering

- **Balance**
- **Hiss/compress**
- **Mental focus**



Tailor Sitting (groin stretch)

- **Sit on a pillow on the floor with legs crossed**
- **Lean forward or back**
- **Don't slump shoulders**
- **Stretch legs occasionally**
- **Make it a way of life**



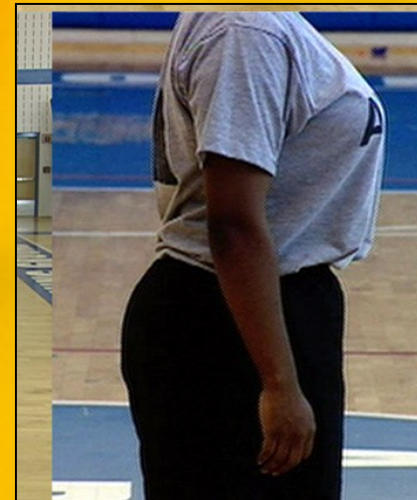
Squatting

- **Avoid bending over from the waist**
- **Strengthens quads**
- **Use furniture or support from a partner to assist**
- **10 reps/4 per day and every time you pick up something**



Pelvic Tilts and Rocking

- **Arch your back up and down**
- **Brief, frequent exercises each day**
- **Start with sets of 20 x 4, build to 80 x 2**
- **Especially before bedtime**
- **Takes pressure off structures in low back and pelvis**



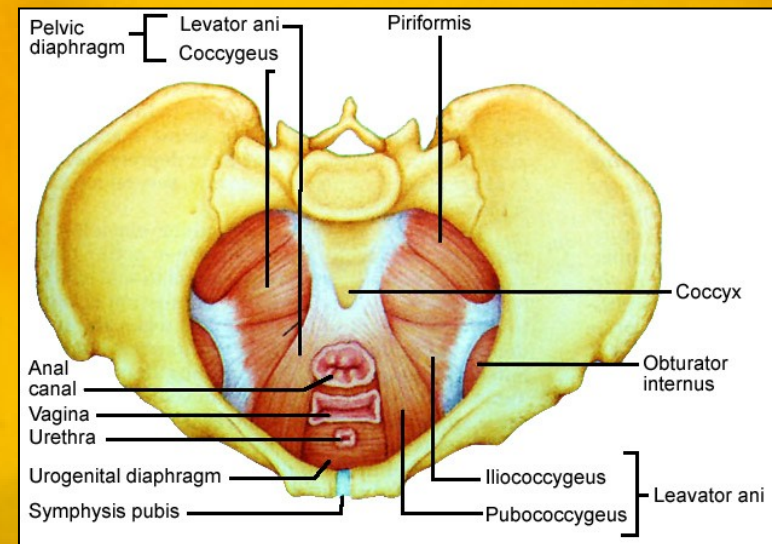
Butterfly

- **Strengthens leg muscles**
- **Start with knees up**
- **Partner gently resists opening of legs**
- **Increase resistance as legs get stronger**
- **3-10 reps per day**



Kegel Exercise


- Improves tone in pelvic floor muscles
- Poor tone may cause:
 - Incontinence
 - Discomfort
 - Decreased sensation
 - More labor pain
 - Torn tissues
 - Uterine prolapse



Kegelling helps...

- **Provide sphincter control of bowel and bladder**
- **Support pelvic organs**
- **Enhance sexual response**
- **Baby's head slide out**
- **Speed pelvic floor muscle recovery postpartum**
- **Increase blood circulation**
- **Relieve menstrual cramps**
- **Speed healing of tears**
- **Relieve tailbone pain**
- **Relieve constipation**
- **Avoid incontinence**

Kegel

- **Beginners: quick squeezes, 2 x 5 mins or 300 per day!**
- **Intermediate: hold for 10 secs x 50 per day**
- **Advanced: elevators**


The diagram illustrates the 'elevator' technique for advanced Kegel exercises. It shows a black line that starts at a baseline, rises in three steps, plateaus, and then descends. The first step is labeled 'Elevator' and 'e'. The second step is labeled '10-20 secs'. The third step is labeled '5-7 secs'. The line then descends to the baseline.
- **Exhale as you begin each contraction**

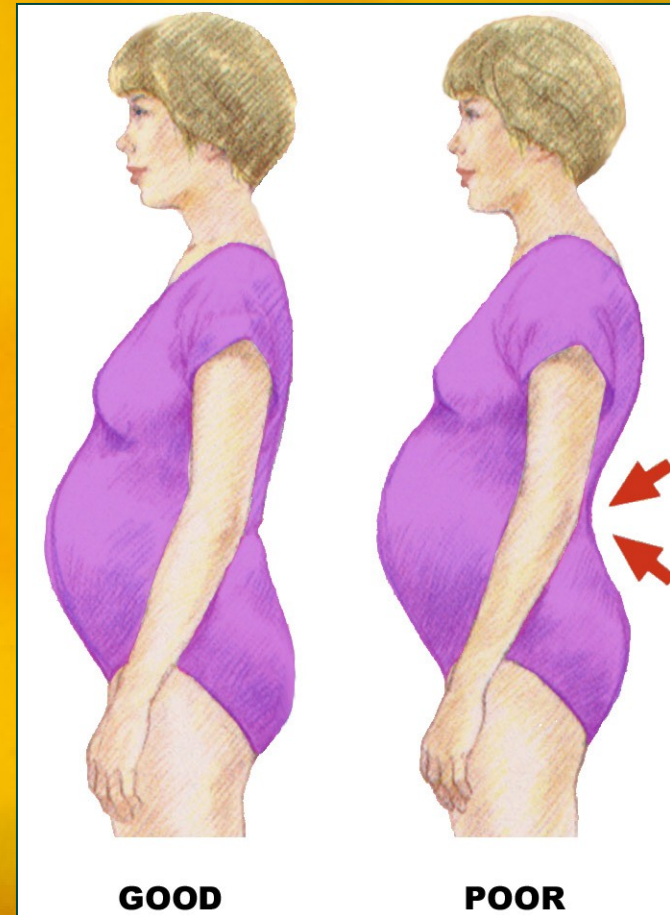
Stretches

- Calf
- Hamstring
- Quadriceps
- Pectoralis
- Piriformis*
- Others (iliotibial band, adductor, groin)



Back Ache

- **Backache during pregnancy is common because of the pressure of the fetus and the laxity of supporting structures.**



Preventing Back Ache

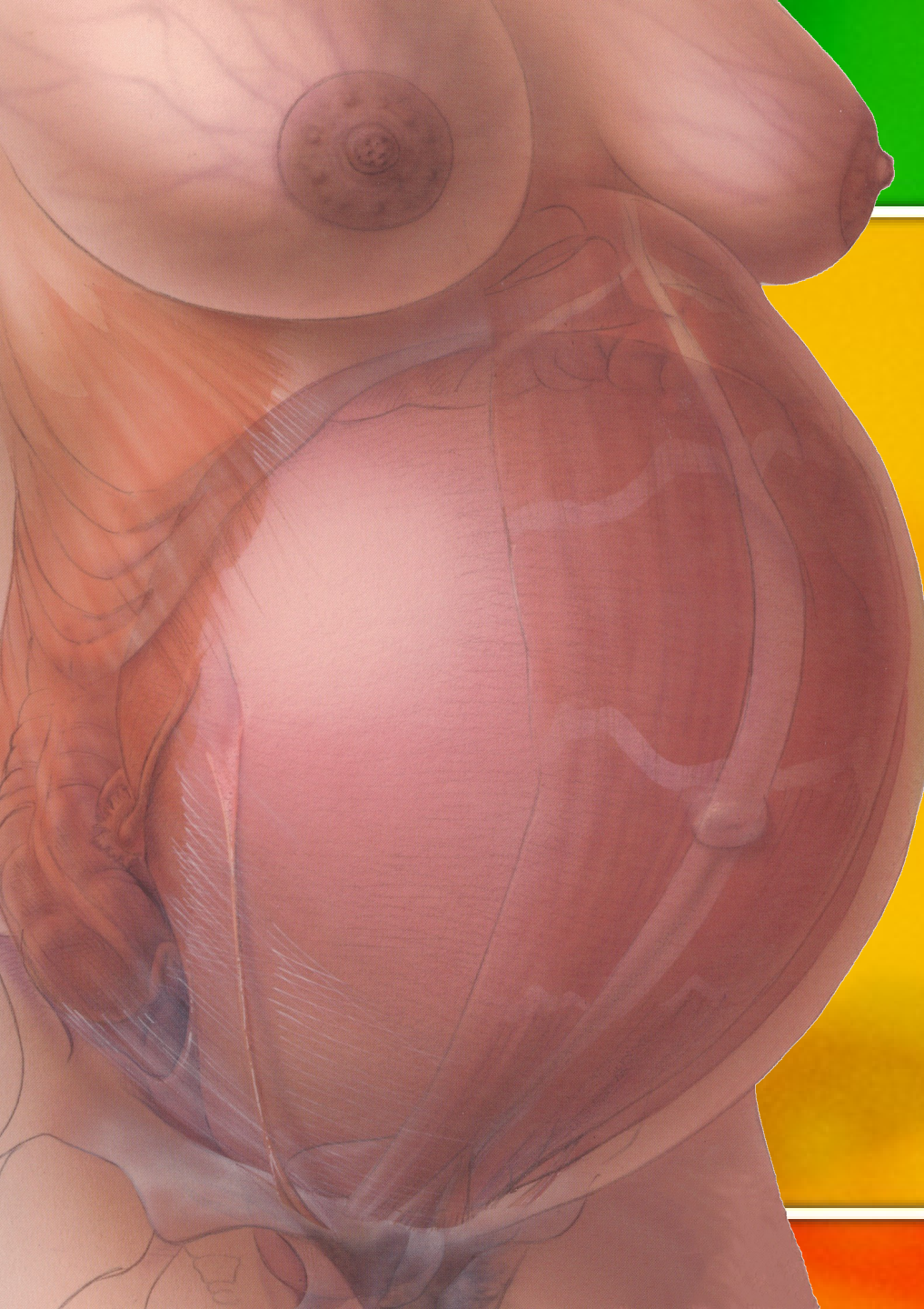
- **Exercise**
- **Posture**
 - **Straight neck, chin tuck, lift ribs, rolls shoulders back, contract lower abdominal muscles, tuck buttocks under**
- **Ergonomics**
 - **Tailor sit or use lumbar roll in chairs**
 - **Place a foot on a stool for prolonged standing**

Relaxation

- **PHYSICAL: muscles**
- **MENTAL: thoughts and concentration**
- **EMOTIONAL: feelings**
- **It's a learned response - practice it**
- **Use it as a time to communicate with your unborn baby**

Relaxation Methods

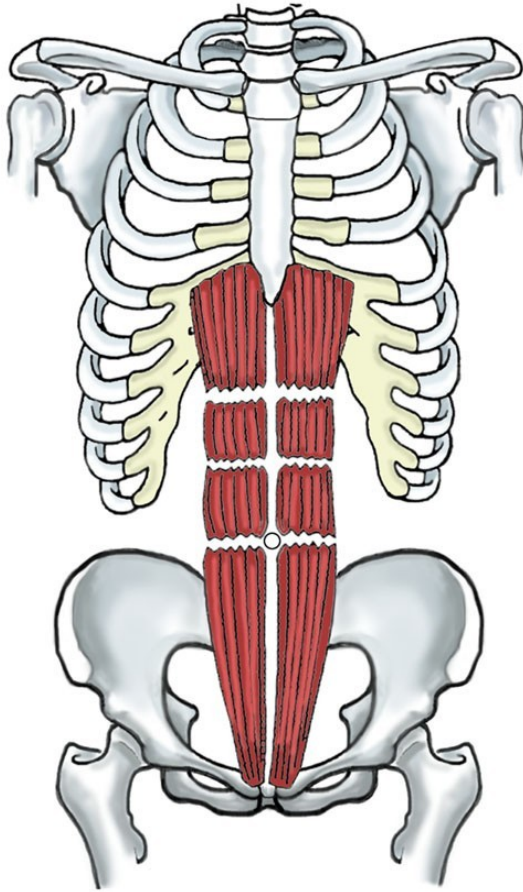
- **Tense/relax**
- **Progressive**
- **Massage**
- **Mental relaxation**
- **Stroking**
- **Muscle observation**
- **Positive expectations**
- **Rainbow**
- **Warmth**
- **Sensory recall**
- **Meditation**
- **Mind-body connection**
- **Emotional relaxation**



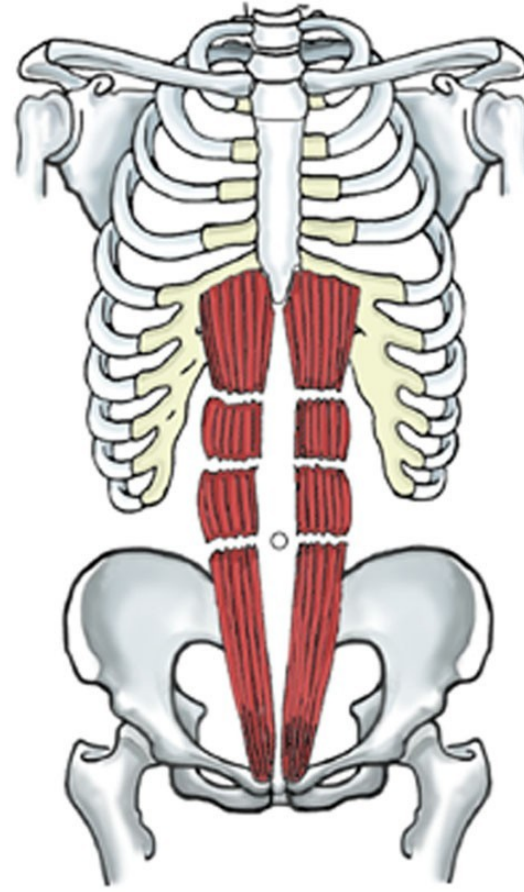
Diastasis Recti

**separation of top
layer of abdominal
muscle**

Abdominal Diastasis



Normal



Diastasis

**** More than two fingers wide
above or below belly button**

Diastasis Rectus

- Check pre and post -partum by doing crunch
- Avoid sit-ups until less than 2 fingers wide
- Crunches permitted if splinting:
 - Cross hands over abdomen
 - Put hands on each side
 - Pull hands toward center holding abdominal muscles together



Curl Downs

Splint abdomen after 20 weeks.



Carpal Tunnel

- **Frequently seen, especially in late pregnancy**
- **Can be minimized with nerve glides (gentle movement of the wrist into extension and flexion) and stretches**
- **Almost always resolves shortly after delivery**



Normal Pregnancy Weight Gain

Body Part	Weight in Pounds
Breasts	1.0 - 1.5
Blood	3.0 - 4.5
Extra Water	4.0 - 6.0
Uterus	2.5 - 3.0
Placenta	1.5 - 2.0
Amniotic Fluid	2.0 - 3.5
Baby	7.0 - 8.0
Fat Stores	4.0 - 6.5
Totals	25.0 - 35.0

Postpartum At-Home Program

- **Adjust to non-pregnant state**
- **Recovery time varies**
- **Slow, gradual progression of exercises**
 - **Can lie on back**
 - **Emphasis on core muscles**

Postpartum Goals

- **Do push-ups (at least from the knees)**
 - 3 sets of 10**
- **Do curl-ups and sit-ups - 3 sets of 10**
- **Jog without stopping - 30 minutes**
- **No lochia or discharge**
- **No urinary incontinence**

The End Result



Acknowledgements

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